

You work hard to raise a healthy family. The WIC Program can help.

What is WIC?

WIC, the Women, Infants and Children program, is a nutrition program that helps pregnant women, mothers with infants, infants and young children eat well, be active, and stay healthy.



WIC has Peer Counselors to answer your Breastfeeding questions.

WIC offers families:

- Nutrition and health education. Prenatal nutrition, breastfeeding, feeding your child, parenting tips plus much, much more...
- Education and support for breastfeeding moms and babies. Group classes, one-on-one support from a peer counselor or lactation specialist and breast pumps for those who qualify.
- Checks to buy healthy foods such as:
 - Milk

- Peanut butter
- Fruits and
- Canned tuna
- Vegetables
- or salmon

- Juice
- Whole grain bread,
- Eggs
- tortillas, or brown rice
- Cheese
- Baby foods
- Cereal
- Infant Formula
- Dry beans or peas
- Help in finding health care and other community services.





- Have a family income within WIC Guidelines.
- Are pregnant.

or

- Are breastfeeding a baby under 1 year of age.
 - Just had a baby in the past 6 months.

or

 Have children under 5 years of age including those cared for by a single father, grandparent, foster parent or guardian.

Check out our websites:

www.dhs.state.il.us

for the latest income guidelines and to find your local WIC office.

Lake County Health Department health.lakecountyil.gov.

Like us on Facebook.



What are people saying about WIC?



"I still can't believe how much fruit, vegetables and other food we can buy!"

-Stephanie, Winthrop Harbor



"My family has benefited so much from the useful information WIC provides."

-Becca, North Chicago



"WIC helps keep us active and eating healthy."

-Maria, Waukegan



"Thank you...for the breastfeeding support for me and my family."

- Suzy, Mundelein

WIC Makes a Difference



Call us at 847-377-8420 To make your appointment

Five WIC Locations Near You!

Waukegan North Chicago Round Lake Beach Zion Highland Park

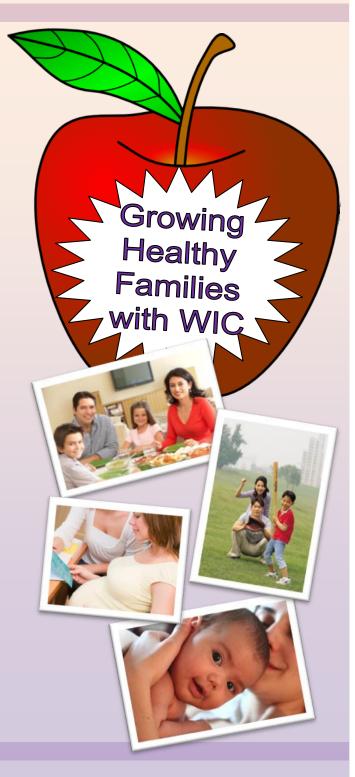
You are eligible for WIC while receiving SNAP (Food Stamps) and TANF (Public Aid).

Immigration status does not affect your ability to qualify for WIC.



Tony Beltran, MBA Executive Director

"USDA is an equal opportunity provider and employer.



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